

Are YOU stressed?

By Dr. Kate Rhéaume, B.Sc., N.D.

We are all too familiar with feeling stressed, but what is stress, exactly? Simply put, the stress response is any number of changes to our normal physiology that can be brought on by a stressor. Stressors can range from extraordinary events (e.g. a car accident, a death in the family) to banal, everyday situations (fighting traffic, losing your keys, being late for an appointment) or even a joyous occasion such as a wedding.

Although the stress response is a complex system involving the brain and almost every organ in the body, the principal glands of stress reaction are the adrenal glands. In an alarming situation, these cone-shaped glands that sit atop the kidneys release cortisol and adrenaline which prepare the organism for a flight or fight reaction. Those hormones, in turn, produce the symptoms that we typically associate with stress: a racing pulse, sweaty palms, dry mouth, anxiety, and even angry, aggressive behavior like road rage.

When the body's natural "control mechanisms" become taxed it may be time to get a little extra help. Natural Factors' superior, fast-acting Stress-Relax family of products can help you cope with occasional and chronic stress, and promote sound, healthy sleep. These supplements provide a comprehensive approach for calmer days and restful nights. Each product can be used alone or in combination for personalized stress management.


Serenity Formula – helps to relieve symptoms of chronic stress and anxiety

Tranquil Sleep – relieves mild insomnia and calms nervousness

Mental Calmness – promotes deep relaxation and mental clarity

100% Natural GABA – fast-acting relief for nervousness and acute stress

Stress is a part of our daily lives. By understanding ourselves and our reactions to stress-provoking situations, we can learn to handle stress in all its stages and forms more effectively.

Maintain your physical and mental health with lifestyle and nutritional improvements, and use Stress-Relax products to handle stress and get a good night's sleep. 



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Graduated McMaster University with an honours B.Sc. in biology and completed her training in Naturopathic Medicine at the Canadian College of Naturopathic Medicine in

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